

# Facts, Fiction, Fashions and Features of Interest to Women

## Excellent Advice

**By DOROTHY DIX**  
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**Keep Your Mental Figure.**

I get innumerable letters from stout women of middle age asking for some reliable recipe for reducing, so that they may regain their girlish figures.

Now I know no way in which this miracle may be accomplished. If I had a formula that would remove even so much as ten pounds of superfluous avoirdupois from a stout body, and keep it removed, I would be sending money to Mr. Rockefeller, for all that a woman hath will she give to be slight and willowy.

Nor is it without reason that women regard fat as the bane of their existence. It is the sign and seal that middle age often sets upon them. It is the curse that takes the style out of clothes and makes a Paris creation look dowdy beside the hand-me-downs of some slim-flogger. It is that which takes the bloom off of beauty, and the grace out of movement, and causes a woman to walk like a ton of bricks.

No wonder, then that women hate to grow stout, and attribute all of their troubles to it. No wonder that a woman at middle age suddenly awakens to the fact that her husband has grown more or less indifferent to her, and that people generally exhibit no wild desire for her society, that she beats upon her breast and cries out that nobody loves a fat woman, and forthwith dashes forth in search of some method of melting her too solid flesh.

Perhaps the reason that growing stout is such a catastrophe to women is not so much an increasing belt measure as a decreasing hat measure. No woman who about the same time of life that a woman loses her physical figure, she is apt to lose her mental figure. She not only gets fat in body, but fat on the brain.

Most young girls are sprightly. Their wits are as nimble as their heels. They are receptive to new ideas. They are alive to fresh points of view. We like their society because they are interested in life, because they are adaptable, because they are cheerful and buoyant. They are willowy and elastic in mind as well as body.

The middle-aged woman, on the contrary, is frequently a deadly dull companion, because she has become opinionated and prejudiced. It would take a surgical operation to graft a new idea on to the fixed opinions she already has, and her mental processes have become as stiff as her joints.

She has let herself go. She never reads anything but sloppy novels. She tries to keep up with the times. She has no interest in anything outside of her small circles, and she is positive that everything is wrong that she didn't do when she was young.

Worse still, she is apt to degenerate into a whiner. Her conversation is a melancholy recital of her various illnesses, and the trouble she has raising her children, and her husband's lack of appreciation of her, and the worries she has had with servants.

You may never have thought of it before, but consider how few and far between are the jolly, alert, and alive middle-aged women you know, how few are interesting and interesting, and good to talk and listen to.

Now considering that Heaven doesn't turn out many women who are understudies to the Venus de Milo, or her present rival in female pulchritude, the Living Skeleton, isn't it about time that the fair sex realized that it is more important to keep their mental figures than their physical ones?

For the one can be done, and the other can't. No woman can keep perpetually young and beautiful, but any woman can keep herself interesting and an agreeable companion. And that's what counts after forty.

If women would spend as much time and labor massaging the kinks out of their tempers as they do the wrinkles out of their faces they would get more results. Nobody—and assuredly no husband—cares whether a woman who is always sweet and amiable, and reasonable and grows feet the corners of her eyes or not. Nobody ever knows, because all they see is the beautiful soul of her.

Nor does it matter whether a middle-aged woman is a perfect thirty-six or an imperfect fifty-six, if her gown covers a heart that is full of sympathy and love for all humanity, and of understanding and friendliness.

The woman who has always palled with her husband, who has known how to make excuses, when things went wrong, and has cheered him on in times of discouragement, doesn't need to worry over her belt measure. After all, you can't really measure life with a corset string. Women can keep themselves interesting. They can keep out of ruts. They can keep cheerful, and refrain from telling hard luck stories. They can read, and travel, and cultivate an interest in other people, and when they do, it does not make any difference whether they are fat or thin.

A middle aged woman should be at the most fascinating time of life because she is old enough to have acquired poise; she is old enough to have a wealth of experience behind her; she is old enough to have learned to take a humorous instead of a tragic view of most things, and is still young enough to look with interest at the closed door of the future.

But she is only an agreeable companion if she has kept her mental figure. The woman who has grown fat witted is a bore from whom we all pray heaven to deliver us.

## UNIQUE DESIGNS IN POPULAR HYLASS VEILS



Unique designs characterize the popular Hyllass veils this season. Here on the lower left we have a round mesh net with a design in dot groupings; in the center a double mesh net with small dots; and the third is a round mesh net with polka dots of chenille.

## What's in a Name?

**By Mildred Marshall.**

**BETTINA.**

Bettina, curiously enough, has no etymological connection with Betty, as is generally supposed. It is an Italian feminine name which was derived from the old verb *beo*, to bless, and later, with the word *benedico* (to speak well).

Beata and Bettrys were the early forms of the name and in Diocletian's persecutions, the Christian maidens who drew the bodies of her martyred brothers from the Tiber and buried them, afterward sharing their fate was called Beatrix. Her relics were enshrined at Rome and her name spread broadcast. Dante further contributed to the prevalence of the "blessed" names, by making the love of his youth, Beatrice Portinari, the theme of his "Vita Nuova" and his guide through Paradise.

Bona, another form of the name, was used by the daughters of the Counts of Savoy, and in the House of Luxembourg, and came to the throne of France with the daughter of Johann of Luxembourg, the blind King of Bohemia. In Spain, a Visigothic nun was canonized as Benedicta and partly in her honor and partly through the fame of the patriarch of the Western Monks, Benedictus, her name became the popular and accepted form in the Latin countries. Italy, producing a Benedicta, her name became the popular and accepted form in the Latin countries. Italy, producing a Benedicta, her name became the popular and accepted form in the Latin countries.

## Daily Horoscope

Jupiter rules strongly for good today and the sun is in benefic aspect.

The sway is fortunate for men who use their brains in large problems, professional or national.

It is a day lucky for rulers and those who bear heavy responsibilities.

Lawyers and judges should benefit greatly in the course of this day's activities.

Colleges are subject to the most kindly government of the stars, focusing pleasant memories and high aspirations.

Both men and women should profit by the power of the planet that aids constructive effort and promote large ambitions.

The sun is in a place supposed to incline to those who hold exalted positions toward helpfulness of the ambitious, whether they be men or women.

It is a most auspicious day on which to seek the support financial, official or personal of any one who wields influence in the world of action.

Access of confidence and increase of energy are believed to be marked while this rule of the stars prevails.

Again a summer of great heat is prognosticated and warning is given to safeguard against epidemics. Children come under a sign that threatens great mortality. Cleanliness is enjoined and cities should provide the best possible sanitary conditions.

Since this month is a time when political interests reach a climax there is interest in the fact that its planetary government foreshadows for the election the choice of an able man subject to strong and safe guidance of the stars.

Persons whose birth date it may have rather an exacting year, but care will bring large success.

Children born on this day are likely to be endowed with mental and physical strength. Success and prosperity are foreshadowed.

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## Is This Your Type?

**By MARIE LA ROQUE**  
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**GRACEFUL BEAUTY.**

Even the most primitive of folk are susceptible to the charm of a graceful form and a graceful carriage and one of the first lessons in beauty culture that women of primitive times have taught themselves is the importance of cultivating and maintaining this feminine grace.

It is said that we as a nation neglect the cultivation and maintenance of grace to a surprising extent. Ours is a girl's land, and in early age the art of enhancing their beauty through tricks of dress and hair arrangement, and they are becoming more and more devoted to such aids as cosmetics give. But very few indeed give much thought to this question of grace, while in days gone by cultivated young women were drilled very thoroughly in this matter of grace. One of the chief purposes of teaching young girls to dance was, in days gone by, to increase their natural grace of carriage. One hardly takes lessons in modern dances for this purpose.

However, the most charming sort of gracefulness is the gracefulness that is innate, and that needs not to be taught. Now it does not always happen that beauty of feature goes with pronounced grace of bearing, but it does usually happen that the woman of graceful bearing is likewise tactful and of gracious manner. No one who had ever seen the famous Madame Recamier failed to mention her great grace, and her tactfulness was proverbial. Noel Williams says of her: "The secret of her charm is probably to be found in her charm of manner, her perfect ease and grace in conversation, and her extraordinary tact, which enable her to fill her salon with people of every shade and variety of opinion, and every class and rank in society, and yet so to contrive that every one there should be made to feel perfectly at his ease."

## CHILDREN'S SUNRISE STORIES

**By HOWARD R. GARIS**  
**UNCLE WIGGLY AND THE TAP TAPPER.**

Once upon a time, when Uncle Wiggly was hopping through the forest of Woodland, near the Orange Ice Mountains, he heard a rattling sort of noise on a tree over his head and then, all of a sudden, that sound stopped and a voice chirped: "Well dear me! If this isn't bad luck! Whatever shall I do to feed my hungry birds?"

Uncle Wiggly looked up and there on a limb, not far above his head, he saw a gray bird, with red feathers on his head. The bird had a long, sharp and very strong bill, like an ice pick.

"What is the matter, Mr. Bird?" asked the rabbit gentleman. "You seem to be in trouble."

"I am," answered the bird. "I flew down on this limb to find something to eat for my hungry birds, but my feet are caught in the sticky gum which oozed out through a crack in the bark and I cannot pull myself loose. Oh, what trouble I am in!"

"Ha! Don't say that!" begged Uncle Wiggly. "Perhaps I may be able to help you."

Uncle Wiggly reached up with his red, white and blue striped rheumatism crutch and gently, very gently, loosened the bird's feet from where they were caught in the sticky gum of the tree.

"Oh thank you!" chirped the bird as he flew away. "You have done me a wonderful favor and I hope, some day, I may be able to pay you back."

"Stuff and nonsense!" laughed Uncle Wiggly, his pink nose twinkling twice as fast as ever was. "I am only too happy to do you the favor. I want none in return."

The bird Wiggly made a low and polite bow with his tail silk hat, while the bird nodded his red head. As the bunny rabbit hopped on through the woods, looking for more adventures, he heard a noise like: "Tap! Tap! Tappy-tap-tap."

"If that bird is making the noise he is a most peculiar chap," thought the bunny rabbit.

On and on went Uncle Wiggly, and pretty soon he looked around the corner of the stump and he saw the bird old Skeezicks. But, as yet, the Skeezicks had not seen Uncle Wiggly.

"Ha! This is no place for me!" softly whispered the bunny to himself. "I'm going to run as fast as I can hop, skip and jump!"

Away he went through the bushes before the Skeez saw him. Uncle Wiggly was going very rapidly when, all of a sudden, his foot caught in a vine.

Down fell the bunny rabbit gentleman, but that was not the worst.

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## Two Lines of Semi-Made Skirts

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—Semi-made Skirts of washable mohair, velour checks, tweeds and mixtures in tailored styles and plaid poplins in box pleats; 26 to 38-inch waist measure. At... **\$7.98**

—Semi-made Skirts in accordion and box pleated styles, in plaids, stripes and navy and black serge, sizes 26 to 36 inch waist measure. At... **\$12.98**

Kann's—Street Floor.

## Helene's Married Life

**By MAY CHRISTIE**  
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**CXII.—TONY'S STORY.**

Jim and I were utterly taken aback.

Tony Lascelles—the son of Travis Lloyd! How could it be?

"It seems," said Mr. Lloyd, still with that little quaver in his tones, "it seems that Tony has been following up some clues. Proofs of identity were in my safe—some photographs—some papers. On two occasions, Tony opened the safe, anxious to secure these proofs. We suspected his motives wrongly. I am sorry."

He turned to Tony. That youth had the grace to look profoundly uncomfortable.

"I ought to have come straight and told you, sir," he muttered. "but I wanted the proofs first."

Travis Lloyd gave a pathetic sort of smile. This finding of his long-lost child—carried with it considerable disillusionment. Was he trying now to make the abandoned safe, anxious to secure these proofs. We suspected his motives wrongly. I am sorry."

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## MARYLAND COLLEGE CLASS WEEK OPENS

College Park, June 13.—Despite a heavy rain there was a large attendance at the Maryland State College here this afternoon to hear the Rev. Clovis G. Chappell of Washington deliver the baccalaureate sermon.

Tomorrow afternoon will be devoted to inter-class athletic events and in the evening M. E. Tydings, former speaker of the Maryland house of representatives will deliver class day address.

The annual meeting of the Alumni association will be held Tuesday afternoon and at 8 o'clock Tuesday night a banquet will be tendered the graduating class and the Alumni by Dr. A. F. Woods, president of the college. The exercises close Wednesday morning with the presentation of diplomas.

## Modern Day Fashions Make Beautiful Ankles

**Just as Necessary as Beautiful Hands**

ANKLES are a matter of decided note—pride or chagrin, as the case may be—in these days of short skirts, slippers and ornate silk hose. Not even hands surpass them in importance.

The thinness of the latest frock, the sheen of satin slippers and silk hose are as wastefully wasted on the desert air, if milky ankles be grayish or overplump.

Get out the tape measure, girls, and see how close you come to perfection.

Eleanor Dale, C. Coles Phillips' model, in silk stocking pose that won her fame.

CALF 13 1/2 IN.  
BOOT TOP 9 3/4 IN.  
ANKLE 7 1/2 IN.  
INSTEP 10 IN.  
LENGTH OF FOOT 9 1/2 IN.

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Apricot, Peach, Plum and Orange Marmalade

**Regina Peaches**..... 3 cans, \$1.00  
Selected fruit, packed in heavy syrup

**Campbell's Soups**..... 9 cans, \$1.00  
Chicken, Vegetable, Mock Turtle, Oxtail

**Rumford's Baking Powder**... 4 cans, \$1.00  
Each can is full pound weight

**Gold Medal Flour**..... 12-lb. sack, \$1.00  
Everybody knows this is a very special price

**Gosman's Ginger Ale**..... 9 bottles, \$1.00  
One of the best of the "domestic brews"

**Evaporated Milk**..... 9 cans, \$1.00  
"Good Luck" brand—a favorite.

**Olives in regular 65c jars**..... 2 for \$1.00  
Selected large fancy fruit

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